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The Vegetarian Magazine December 1899

The Vegetarian Magazine

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We manufacture nearly a score of different nut foods. All our products are carefully and scientifically made.

Bromose, the Food that is all Food, contains three and one half times the nutritive value of flesh food.

Nut Butter is delicious and toothsome, — always sweet.

Protose, or Vegetable Meat, tastes like meat, looks like meat, has the flavor of meat, can be served as meat.

Clara Barton Endorses Sanitas Nut Foods

SANITAS NUT FOOD CO.,
Battle Creek, Mich.

Gentlemen:—Although not accustomed to subscribing my name in support of any manufactured product, I gladly do so in this instance.

Your nut products are choice, appetizing, wholesome foods, very pleasant to the palate, and exceedingly rich in nutritive and sustaining properties. Bromose and Nut Butter particularly are ideal foods.

Very truly yours

Clara Barton.

Our foods are served at the Health Food Restaurant, 178 Wabash Ave., Chicago, Ill.

Booklet on Nut Foods Free.
Assorted Samples 25 Cts.

Sanitas Nut Food Co., Battle Creek, Mich.

LOOK! READ!

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Free Health Food Book

which tells all about 25 delicious health-building and strength-giving foods, such as GRANOLA, GRANOSE, NUT SHORTENED CRACKERS, DIABETIC FOODS, ETC., all ready for use and prepared in the most wholesome and tempting form. You want this book and will have it if you send your name; at the same time send your grocer's name and we will send you a sample of our Nut Shortened Sticks free.

Battle Creek San. Health Food Co.
BATTLE CREEK, MICH.

Mention the Vegetarian.

ADAM ❖ HESIOD ❖ GAVTAMA ❖ ISAIAH ❖ DANIEL ❖ PLATO ❖

The Vegetarian Magazine

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December 15, '99

Vol. IV. Number 3.

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POPE ❖ SWEDENBORG ❖ VOLTAIRE ❖ FRANKLIN ❖ WESLEY ❖

An Illustrated Magazine of Better Living—An Authority on Foods, their Selection—Preparation—Discountenances the Use of Flesh, Fish and Fowl for Food—Upholds the Right to Life for the Whole Sentient World—Advocates Justice, Humanitarianism, Purity, Hygiene, Temperance—Stands for a Stronger Body, a Healthier Mentality, a Higher Morality—Literature of the XXth Century Home—Published Monthly by The Vegetarian Company—Chicago—\$1.00 the Year—Ten Cents the Copy

LINNEVS ❖ GRAHAM ❖ SHELLEY ❖ TOLSTOI ❖ OSCAR II ❖

Of Interest to the Housewife.

MENU FOR NEW YEAR'S DINNER.

Vegetable Bouillon.
Vegetable Turkey, nut butter gravy.
Escalloped Tomatoes.
Potato Puff. Baked Sweet Potatoes.
Potato and Beet Salad.
Cheese Wafers.
Nut Cup Cake. Fruits. Nuts.
Cereal Coffee.

VEGETABLE BOUILLON.

Take one to two teaspoonfuls Wahl's Bouillon-Stock and stir in boiling hot water. The extract will dissolve immediately. Season to taste.

VEGETABLE TURKEY.

Take one cup of bread crumbs, soak in water and drain. Add one-half cup chopped walnuts or pecans, one beaten egg, one teaspoon dairy butter, one teaspoon powdered sage or parsley. Season to taste, mix all well together and bake in a moderate oven.

NUT BUTTER GRAVY.

Dissolve one heaping tablespoon of nut butter in a pint of new milk. Add but a little milk at a time to the nut butter while working it into the milk. Put it over the stove in a stew kettle or spider and when hot add enough flour to make the right consistency, the flour being previously stirred smooth into a little milk. Salt to taste.

ESCALLOPED TOMATOES.

Pour boiling water over the tomatoes to remove the skins and cut in thin slices. Butter a baking dish and cover the bottom of it with a layer of bread crumbs. Next put in a layer of tomatoes, season to taste. Add more crumbs and bits of butter. Proceed in this manner until the dish is almost full, having the upper layer of crumbs and butter. Bake until it boils up well in the center and has browned nicely over the top. A very little grated onion is regarded as an improvement by some persons. Use a small teaspoonful to six tomatoes of average size.

POTATO PUFF.

To a pint of mashed potatoes, add three tablespoonfuls of melted butter and salt as needed. Beat well, then stir in six tablespoonfuls of thin cream, the yolks of two eggs, and last the stiffly beaten whites of the eggs. The mixture should be light and creamy. Heap irregularly upon a baking dish and bake in a quick oven until nicely browned. If carefully made the puff will be very light and nice.

POTATO AND BEET SALAD.

Chop equal quantities of protose and potatoes with one-half the quantity of hard-boiled egg yolks and cold boiled beets; add lemon juice and minced parsley to taste.

NUT CUP CAKE.

One and a half cups sugar, half a cup of nut butter that has been thoroughly mixed with the same quantity of water, three-fourths of a cup of water, three eggs, three cups of flour, a little salt, and three teaspoonfuls of baking powder. Beat the sugar and butter together. Beat the whites and yolks of eggs separately. Add the beaten yolks to the butter and sugar, and then add the beaten whites. Sift the flour thoroughly and add to the mixture. Bake in layers.

Notice.

Where Wahl's Bouillon stock is used for the body of broths, soups, and gravies, take about the same relative amount as for bouillon, and add condiments to suit the taste. When used for flavoring, consult your taste.

Vegetarianism an Ethical Movement.

COUNT LEO TOLSTOI.

"Why should abstinence from animal food be the first step towards moral living?"

"There is an excellent answer in Mr. Howard Williams's 'Ethics of Diet,' an answer given not by one man, but by mankind, in the persons of its best representatives in all ages since reason asserted itself—'But if the wrong—that is to say, the immorality—of flesh-eating has been so long known, why has man not yet accepted this law in his conscience?' So will those question who judge according to conventional opinion rather than by the dictates of their own reason.

"The reply is easy. The ethical movement, which is at the base of all progress, is always slow. The signs of real progress are stability and regular increase.

"Such is the Vegetarian movement. This movement finds expression in the words of the great teachers, whose thoughts have been garnered by Mr. Howard Williams. It finds expression also in mankind at large. Men, however unconsciously, are gradually and in an increasing degree, passing from flesh-foods to the kindly fruits of the earth. This ethical movement is visible, strongly and consciously, in Vegetarianism, which is ever on the increase. * * * This movement should rejoice the hearts of those who are seeking to realize the Kingdom of God upon earth."

The Uprising of Vegetarians.

Under this head, Hayden Carrath is permitted to occupy the editorial department of the Saturday Evening Post (usually so carefully edited) with disjointed remarks that seem to lack even the redeeming quality of wit. One would think from the heading that Vegetarians were uprising in rebellion on account of the high price of meat, whereas the uprising would seem a more appropriate charge against the flesh-eaters who, we understand, are now taxed 35 cents a pound for beefsteak. They are

in the hands of the butchers who have formed a combination to maintain high prices. Now we protest that the Vegetarians are not in rebellion. They are not even excited on the subject and can view with much complacency the rise in the price of meat. They do, however, look down with pity on their flesh-eating neighbors who pay 35 cents a pound for that which is composed of 70 per cent water, 10 per cent nitrogen, 17.7 per cent hydro-carbonate and 2.3 per cent mineral substance, the water being just what, in a short time, would have been expelled as urine had not the animal's life functions been stopped by the butcher. If we grant that 30 per cent is food, those who are acting under the delusion of flesh-eating are paying at least a dollar a pound for their food obtained from beefsteak, and they take it with animal's urine for sauce! What a cleanly and economical habit surely. Will those who desire to live cleanly think of these undisputed facts?—Food, Home and Garden.

A Wonderful Discovery

Wahl's Bouillon-Stock

[purely vegetable]

for Bouillon, Soups, Broths, Gravies, Etc.

A food which contains pure albumen [peptones], and phosphates needed by the body, in the proportion arranged by nature, and without any chemical treatment whatever, either in extraction or preparation. It is pure strength, predigested, ready for a weak, tired, or nervous body to assimilate. Wahl's Bouillon-Stock possesses a rich, meat-like flavor, but it is absolutely purely vegetable. A wonderful product, seemingly made from meat, yet without the addition of anything that came from an animal.

We ship direct to consumers where Grocers do not carry stock. Write for free sample, descriptive booklet, and cook book.

THE BOUILLON-STOCK MFG. CO.

600 Chamber of Commerce Bldg., Chicago.